



# Family Service Center of Montgomery County

2358 FAIRLANE DRIVE, BUILDING E MONTGOMERY, AL 36116 270-4100



## UPCOMING CLASS SCHEDULES

## February 2018

### Evening Computer Training

Intro to Computers, Tuesday, March 6, 2018  
Intro to Windows, Thursday, March 8, 2018  
Intro to the Internet, Tuesday, March 13, 2018  
Word (Level 1), Thursday, March 15, 2018  
Word (Level 2), Tuesday, March 20, 2018  
Excel (Level 1), Thursday, March 22, 2018  
Excel (Level 2), Tuesday, March 27, 2018  
Power Point, Thursday, March 29, 2018

Classes are 6-8 pm.  
Call for reservations or more information.  
**No entry after class begins.**  
Please arrange for childcare

### Life Skills Seminars

#### Anger Management

Wednesday, February 14, 2018, 1-3:00 pm

#### To Your Credit

(How your credit history will affect your credit future)

Thursday, February 8, 2018, 1-2:30 pm

#### Charge it Right

(How to make a credit card work for you)

Thursday, February 22, 2018, 1-2:30 pm

### Virtual Work Center

**Workshops are offered Tuesday afternoons @ 1 PM — 2:30 PM**

Career Planning, February 6, 2018

Resume Writing & Development, February 13, 2018

Interviewing Skills / Dress for Success, February 20, 2018

Work Ethics, February 27, 2018

**Call for more details**

### PARENTING MATTERS

An advocacy program that assists men with fathering skills, life skills, and job readiness and employment assistance.

#### Fatherhood and Employment Assistance

**New classes start**

- February 13 - February 22, 2018
- February 12 - March 1, 2018

Don't miss out on this great opportunity to move ahead!  
Make an appointment now.

Call Jim Christensen for more details @  
270-4100

Come See Us, Call Us, or Visit Our Website @familyguidancecenter.org

The Family Service Center of Montgomery County is in Executive Park. Look for the Family Guidance Center sign on Fairlane Drive and turn into the parking lot. We're in Building E.



### Counseling

Confidential counseling services are provided for individuals, couples, or families

Call To Make an Appointment 270-4100.  
Day and Evening Appointments are Available.

Fees are based on a sliding fee scale which is geared to household income and family size.  
In addition, selected insurance coverages are accepted.



### Couples Connecting Mindfully

*In this FREE workshop, learn:*

*How Stress Affects Your Brain;*

*How Stress Affects Your Heart;*

*How Your Emotions Impact Your Immune System;*

*How Mindfulness Can Benefit You & Your Relationship*

6 Mondays Starting March 12th

6 to 8 pm

**MUST Pre-Register. Dinner & Childcare Included.**

270-4100

### FAMILY ADVOCATE

Do You Need Help With...  
Setting important goals for yourself or your family? Staying focused on your plans for life? Finding community resources to help your family thrive? Some extra support & encouragement?  
**Call for more details**

### PARENTING EDUCATION

Seven week parenting classes

Tuesday Evenings (6:00-7:30)

Wednesday Mornings (10:00-11:30)

Please Call to Pre-register.

### WORK READY!

Assists young adults, 16-24, who are out of school with identifying and getting started on a career plan. Serves young adults in Montgomery, Lowndes, Elmore and Autauga Counties

Call Yolanda Adams for more details  
334-270-4100

Federally funded through the State of AL by the U.S. Dept. of Labor/Employment/Training Admin.

### VIRTUAL WORK CENTER

A career readiness and employment skill building program that offers free personalized assistance in:

- \* Job search and the application process.
- \* Interviewing skills & techniques.
- \* Résumé and Cover Letter development & writing.
- \* Computer knowledge utilizing Microsoft software.
- \* Developing self-driven goals to plan your career and personal accomplishments.
- \* Learning how to find a job that's right for you.
- \* Job etiquette and retention skills.

**Call for more details**

Parenting Assistance Line 1-866-962-3030

To receive the monthly calendar by email, contact Shauntice at swood@familyguidancecenter.org.



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